

# SAN DIEGO FRENCH AMERICAN SCHOOL

APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALL AMERICAN 1</b> BBQ Chicken Bean Salad Cole Slaw Fresh Fruit * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	<b>2</b> Meatloaf Mashed Potatoes Peas and Carrots Fresh Fruit	<b>3</b> Salami Sandwich Vegetable soup Fruit salad Cheesecake * <i>Vegetarian Option</i>	<b>MOROCCAN DAY 4</b> Chicken Tagine Israeli couscous Fresh fruit * <i>Gluten Free Option</i>	<b>FRENCH DAY 5</b> Spinach Quiche Garden salad Fresh fruit Sugar Cookies * <i>Vegetarian</i>
<b>FRENCH DAY 8</b> Chicken Provençal Farro Fresh Fruit * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	<b>ALL AMERICAN 9</b> Tuna casserole Garden salad Fresh fruit	<b>10</b> Cheese Sandwich Chicken soup Fruit salad Ginger Pound Cake * <i>Vegetarian Option</i>	<b>ITALIAN DAY 11</b> Parmesan Chicken Quinoa Salad Fresh Fruit	<b>12</b> Tortellini Marinara Green Salad Fresh Fruit Brownies * <i>Vegetarian</i>
<b>ALL AMERICAN 15</b> Beef Chili Farro Carrots & Celery Fresh Fruit * <i>Gluten Free Option</i>	<b>ITALIAN DAY 16</b> Chicken Caesar Pasta Salad Romaine Lettuce Fresh Fruit * <i>Gluten Free Option</i>	<b>17</b> MINIMUM DAY NO HOT LUNCH	<b>18</b> SPRING BREAK	<b>19</b> SPRING BREAK
<b>22</b> SPRING BREAK	<b>23</b> SPRING BREAK	<b>24</b> SPRING BREAK	<b>25</b> SPRING BREAK	<b>26</b> SPRING BREAK
<b>ITALIAN DAY 29</b> Fettuccine Alfredo Garden Salad Fresh Fruit * <i>Vegetarian Option</i>	<b>ENGLISH DAY 30</b> Shepherds Pie Spinach Salad Fresh Fruit * <i>Gluten Free Option</i>			

\*Desserts may vary depending on baker's availability.

\* *Vegetarian Option* : Mondays the entree will be served with no meat.


\* *Wednesday will be Cheese sandwich and Vegetable Soup*


# SAN DIEGO FRENCH AMERICAN SCHOOL

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>Turkey Sandwich Vegetable Soup Fruit Salad Carrot Cake</p> <p> <i>Vegetarian Option</i></p>	<p><b>2</b></p> <p>Poulet Yassa Rice Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p><b>ITALIAN DAY 3</b></p> <p>Vegetable Lasagna Green Salad Fresh Fruit Rugulahs</p> <p> <i>Vegetarian</i></p>
<p><b>ASIAN DAY 6</b></p> <p>Chicken StirFry Noodles Fresh Fruit</p> <p> <i>Vegetarian Option</i></p>	<p><b>GERMAN DAY 7</b></p> <p>Bratwurst Mashed Potatoes Peas &amp; Carrots Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p><b>8</b></p> <p>Roast Beef Sandwich Vegetable Soup Fruit Salad Apple Pie</p> <p> <i>Vegetarian Option</i></p>	<p><b>ALL AMERICAN 9</b></p> <p>Roast Chicken Vegetables Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p><b>ITALIAN DAY 10</b></p> <p>Baguette Pizza Garden Salad Fresh Fruit Ch Chip Cookie</p> <p> <i>Vegetarian</i></p>
<p><b>ALL AMERICAN 13</b></p> <p>Chicken PotPie Casserole Green Salad</p> <p> <i>Vegetarian Option</i></p>	<p><b>FRENCH DAY 14</b></p> <p>Ham &amp; Cheese Quiche TomatoCucumber Fresh Fruit</p>	<p><b>15</b></p> <p>Pastrami Sandwich Vegetable Soup Fruit Salad Cowboy Cookie</p> <p> <i>Vegetarian Option</i></p>	<p><b>16</b></p> <p>Beef Burgundy Mashed Potatoes Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p><b>17</b></p> <p>Veggie Chili Brown Rice Fresh Fruit Carrot Cake</p> <p> <i>Vegetarian</i></p>
<p><b>MEXICAN DAY 20</b></p> <p>Beef Tacos Mexican Rice Salsa Fresca</p> <p> <i>Vegetarian Option</i></p>	<p><b>ALL AMERICAN 21</b></p> <p>BBQ Chicken Mashed Potatoes Corn Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p><b>22</b></p> <p>Ham &amp; Cheese Sandwich Vegetable Soup Fruit Salad Cheesecake</p> <p> <i>Vegetarian Option</i></p>	<p><b>ITALIAN DAY 23</b></p> <p>Spaghetti Garden Salad Fresh Fruit</p>	<p><b>24</b></p> <p><b>MINIMUM DAY</b> <b>NO HOT LUNCH</b></p>
<p><b>27</b></p> <p><b>MEMORIAL DAY</b></p>	<p><b>ITALIAN DAY 28</b></p> <p>Pasta Rústica Garden Salad Fresh Fruit</p>	<p><b>29</b></p> <p>Tuna Sandwich Vegetable Soup Fruit Salad Brownies</p> <p> <i>Vegetarian Option</i></p>	<p><b>MEXICAN DAY 30</b></p> <p>Chicken Fajitas Mexican Rice Fresh Fruit</p> <p> <i>Gluten Free Option</i></p>	<p><b>FRENCH DAY 31</b></p> <p>Ratatouille Couscous Fresh Fruit GingerPoundCake</p> <p> <i>Vegetarian</i></p>




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 *Wednesday will be Cheese sandwich and Vegetable Soup*

# SAN DIEGO FRENCH AMERICAN SCHOOL

## JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ITALIAN DAY 3</b> Beef Lasagna Caesar Salad Fresh Fruit Baguette  * <i>Vegetarian Option</i>	<b>MOROCCAN DAY. 4</b> Chicken Tagine Rice Fresh Fruit  * <i>Gluten Free Option</i>	<b>5</b> Cheese Sandwich Chicken Soup Fruit Salad Rugulahs  * <i>Vegetarian Option</i>	<b>ENGLISH DAY. 6</b> Shepherds Pie Garden Salad Fresh Fruit  * <i>Gluten Free Option</i>	<b>7</b> White Bean Casserole Spinach Salad Fresh Fruit Ch Chip Cookie  * <i>Vegetarian</i>
<b>ITALIAN DAY 10</b> Parmesan Chicken Mac and Cheese Fresh Fruit  * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	<b>ALL AMERICAN 11</b> Meatloaf Bean Salad Cole Slaw Fresh Fruit	<b>12</b> Salami Sandwich Vegetable Soup Fruit Salad Cowboy Cookie  * <i>Vegetarian Option</i>	<b>FRENCH DAY 13</b> Chicken Provençal Brown Rice Fresh Fruit  * <i>Gluten Free Option</i>	<b>14</b> Tortellini Marinara Green Salad Fresh Fruit Cheesecake  * <i>Vegetarian</i>
<b>ALL AMERICAN 17</b> Beef Chili Rice Carrots & Celery Fresh Fruit  * <i>Gluten Free Option</i> * <i>Vegetarian Option</i>	<b>ITALIAN DAY 18</b> Fettuccine Alfredo Garden Salad Fresh Fruit	<b>19</b> Roast Beef Sandwich Vegetable Soup Fruit Salad Brownies  * <i>Vegetarian Option</i>	<b>20</b> Poulet Yassa Israeli Couscous Fresh Fruit  * <i>Gluten Free Option</i>	<b>FRENCH DAY 21</b> Spinach Quiche Green Salad Fresh Fruit Ginger Pound Cake  * <i>Vegetarian</i>
<b>SUMMER BREAK</b>	<b>SUMMER BREAK</b>	<b>SUMMER BREAK</b>	<b>SUMMER BREAK</b>	<b>SUMMER BREAK</b>
<b>SUMMER BREAK</b>				<b>SUMMER BREAK</b>

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